Because Hormones Matter
What are they and how do they impact our lives?

How do hormones work?
• Hormones are biological messengers that travel throughout the body, telling our cells and organs what to do.
• Hormones are essential. They:
  - help us grow and mature
  - cope with stress
  - help us stay fit and healthy
  - manage our metabolism
  - determine our sexual function
• There are many hormones, each with its own essential function.

What are endocrine disorders?
• Endocrine disorders are caused and characterised by abnormal (too high / too low) hormone levels.
• Endocrine disorders include obesity, diabetes, thyroid disease, cancer, growth disorders, hypertension, osteoporosis, infertility and sexual dysfunction, and many rare diseases.
• More than three quarters of the population will need an endocrinologist at some point in their life.

What is endocrinology?
• Endocrinology is the study of hormones in the human body and their roles in health and disease.

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Because Hormones Matter
It is time to recognise the role of hormones in preventing, treating and living with some of the most prevalent diseases in the world.

Policy Ask
Strengthen the endocrine perspective and acknowledge endocrine cancers in the Beating Cancer Plan and Horizon Europe research calls.

Cancer
3.7 million cases per year
1.9 million deaths per year
Median survival of neuroendocrine tumours is 41 months

Obesity
Those living with obesity have been found to have a life expectancy five years shorter than those with a “healthy” weight status.

In Europe, 200,000 new cancer cases are linked to obesity per year.

Overweight and obesity cause more than 1.2 million deaths across the WHO European Region every year.

Almost 9/10 of adults and nearly 1/3 children live with obesity or overweight in Europe.

Policy Ask
Recognise obesity as a chronic relapsing endocrine disease by all stakeholders at European and national levels, focus on prevention and develop new treatment options.

Endocrine Disrupting Chemicals
Over 1,500 chemicals of concern in plastics contribute to many incidences of endocrine cancers, obesity, diabetes, thyroid disease, osteoporosis and infertility.

Between €157 and €270 billion per year in health care expenses and lost earning potential in Europe.

Policy Ask
Implement all legislation relevant to EDCs without any further delay to ensure a more healthy and sustainable European society for the current as well as future generations.

Rare Endocrine Diseases
30 million in the EU
Over 400 rare diseases are related to the endocrine system.

Rare diseases are often chronic and life-threatening.

Key issues to address are:
- late diagnosis
- need for access to expert centres
- many diseases have no cure

Policy Ask
Allocate the resources to mature the critical role of the European Reference Networks, drive the development of registries and innovation in diagnosis and treatment.

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1 https://www.euro.who.int/en/health-topics/disease-prevention/cancer/factsheets#tab-2
2 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6239108/
3 An innovative non-invasive tool for thyroid cancer screening | News | CORDIS
4 https://www.who.int/europe/health-topics/cancer#tab=tab_2
5 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6239108/
6 Thyroid Fact Sheet | IARC/World Health Organisation
7 Rare diseases | European Commission (europa.eu)
8 Endocrine cancers in the Beating Cancer Plan and Horizon Europe research calls.
9 Obesity have been found to have a life expectancy five years shorter than those with a “healthy” weight status.
10 Overweight and obesity cause more than 1.2 million deaths across the WHO European Region every year.
11 Median survival of neuroendocrine tumours is 41 months.
12 Because Hormones Matter
13 European Society of Endocrinology
14 www.europeanhormones.org
15 ® European Hormone and Metabolism Foundation
16 www.esf-foundation.org
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